

## MDC 2015 Wellness Program - Event Calendar

Event #	Date	Event Description	Location\Time	Event Information
1	7/30/15	<b>Diabetes on the Rise: What you need to know</b>	<b>Aviation - 12 PM to 1 PM</b> 4200 NW 36th Street, Building 5A, First Floor, Training Room,	Workshop highlights: • New trends in Diagnosis of Diabetes. • How to reduce risk through diet and nutrition. • Tips on how to maintain a healthy diet.
2	8/10/15	<b>Cardiovascular Health: Eating for your Heart</b>	<b>Public Works &amp; Waste Mgt - 7:00 AM–8:00 AM</b> 58th Street Garbage Ops, 8831 NW 58th Street	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
3	8/12/15	<b>Diabetes on the Rise: What you need to know</b>	<b>SPCC - 11AM to 12PM</b> 111 NW 1st Street, 18th Floor, Rm 18-4	Workshop highlights: • New trends in Diagnosis of Diabetes. • How to reduce risk through diet and nutrition. • Tips on how to maintain a healthy diet.
4	8/27/15	<b>Eating Healthy on the Go: Weight Management</b>	<b>ITD 1:30 PM-2:30 PM</b> 5680 SW 87 Ave, 2nd Floor Break Rm	Workshop highlights: • Simple strategies to fit healthy eating into a busy schedule. • How to read labels on the fly to make the best nutritional choices.
5	8/28/15	<b>Onsite Nutritionist</b>	<b>Aviation - 9 AM to 3 PM</b> 4200 NW 36th Street, Building 5A, First Fl. Training Room, members can schedule appt. with <b>Sandra L. Jackson</b> , <a href="mailto:sljackson@miamidade.gov">sljackson@miamidade.gov</a>	Registered Dietician / Nutritionist by appointment only, on a first come first served basis. Individual sessions are 30 minutes each.
6	9/2/15	<b>Onsite Nutritionist</b>	<b>ITD 9 AM to 3 PM</b> 5680 SW 87th Ave, 2nd Floor – Personnel Conf. Room Members can schedule appt. with <b>Felicia Sutton</b> , <a href="mailto:felicia.sutton@avmed.org">felicia.sutton@avmed.org</a>	Registered Dietician / Nutritionist by appointment only, on a first come first served basis. Individual sessions are 30 minutes each.
7	9/3/15	<b>Cardiovascular Health: Eating for your Heart</b>	<b>Police HQ - 11 AM to 12 PM</b> 9105 NW 25 St Cafetorium	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
8	9/21/15	<b>Diabetes on the Rise: What you need to know</b>	<b>Public Works &amp; Waste Mgt - 7:00 AM to 8:00 AM</b> 3B Garbage Ops, 8000 SW 107 Ave	Workshop highlights: • New trends in Diagnosis of Diabetes. • How to reduce risk through diet and nutrition. • Tips on how to maintain a healthy diet.
9	9/24/15	<b>Onsite Nutritionist</b>	<b>OTV - 9 AM to 3 PM</b> 701 NW 1st Court, 1st FL Training Rm, Miami 33136--Members can schedule with <b>Felicia Sutton</b> <a href="mailto:felicia.sutton@avmed.org">felicia.sutton@avmed.org</a>	Registered Dietician / Nutritionist by appointment only, on a first come first served basis. Individual sessions are 30 minutes each.

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10	9/24/15	Fall Health Fair & Flu Vaccines	<b>Parks Zoo Miami - 10 AM to 2 PM</b> Zoo Miami's Staff entrance Gate 3, ZSF Classrooms	Health Screenings- BP, TC/HDL Ratio, HDL, Glucose, BMI
11	10/1/15	Flu Vaccines	<b>SPCC - 10 AM to 2PM</b> 111 NW 1st Street, Rm 18-4	Flu shots only
12	10/2/15	Flu Vaccines	<b>Transit Central Garage - 10 AM to 12 AM</b> 3300 NW 32 Avenue, Driver's Room, 1st Floor	Flu shots only
13	10/6/15	Flu Vaccines	<b>So. Dade Govt. Ctr. - 9 AM to 11 AM</b> 10710 SW 211 St., Rm 104	Flu shots only
14	10/7/15	Mini Health Fair & Flu Vaccines	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
15	10/8/15	Fall Health Fair & Flu Vaccines	<b>OTV - 10 AM to 2 PM</b> 701 NW 1st Court, 1st Floor Training Rm,	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
16	10/9/15	Fall Health Fair & Flu Vaccines	<b>Seaport - 11 PM to 3PM</b> 1015 North America Way, 2nd FL Conf. Rm	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
17	10/13/15	Fall Health Fair & Flu Vaccines	<b>Permitting &amp; Inspection Center - 7:30 AM to 11:30 AM</b> 11805 SW 26th St. Conf RM I/J,	Health Screenings- BP, TC/HDL Ratio, HDL, Glucose &, BMI
18	10/14/15	Fall Health Fair & Flu Vaccines (Confirmed)	<b>Water &amp; Sewer - 10 AM to 2 PM</b> Douglas HQ-3071 SW 38th Ave Room # 156A	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
19	10/16/15	Flu Vaccines	<b>Transit NE Garage - 10 AM - 12 PM</b> 360 NE 185 St., Driver's Room 1st Floor	
20	10/20/15	Fall Health Fair & Flu Vaccines	<b>Aviation - 10 AM to 2 PM</b> Miami Intl Airport Conc. D Auditorium-4th Floor	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.

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21	10/21/15	Flu Vaccines	Transit Lehman Center - 9 AM to 11 AM 6601 NW 72 Ave, Conf Rm A	Flu shots only
22	10/28/15	Fall Health Fair & Flu Vaccines	ITD 10 AM-2 PM 5680 SW 87 Ave, 2nd Floor Break Rm	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
23	10/30/15	Flu Vaccines	Transit Coral Way -10 AM to 12 AM 2775 SW 74 Ave., Driver's Room, 1st Floor	Flu shots only
<b>MDC 2015 Wellness Program - Past Events</b>				
1	3/26/15	Eating Healthy on the Go: Weight Management	SPCC - 11 AM to 12 PM 111 NW 1st Street, Rm 18-3,	Workshop highlights: • Simple strategies to fit healthy eating into a busy schedule. • How to read labels on the fly to make the best nutritional choices.
2	4/9/15	Mini Health Fair	MDT Central Garage- 10 AM - 2 PM 3300 NW 32 Ave, Driver's Room-1st FL	Health screenings-BP, glucose, cholesterol, BMI, vision. chair massage
3	4/10/15	"Spring into Wellness" (Mayor's Mega Fair)	SPCC - 10 AM to 3 PM 111 NW 1st Street, Lobby, 33128-(Screenings in EWC Training Room)	Health screenings- BP, Total Cholesterol Ratio, Glucose, BMI, bone density, vision, nutritionist, chair massage
4	4/15/15	Mini Health Fair	MDT NE Garage- Bus Ops - 10 AM - 2 PM 360 NE 185 St., Driver's Rm 1st FL	Health screenings-BP, glucose, cholesterol, BMI, vision. chair massage
5	4/16/15	Mini Health Fair	MDT Coral Way - 10 AM - 2 PM 2775 SW 74 Ave, Driver's Room 2775 SW 74th Ave	Health screenings-BP, glucose, cholesterol, BMI, vision. chair massage
6	4/22/15	Eating Healthy on the Go: Weight Management	Police HQ - 11 AM to 12 PM 9105 NW 25 St Cafetorium	Workshop highlights: • Simple strategies to fit healthy eating into a busy schedule. • How to read labels on the fly to make the best nutritional choices.
7	4/23/15	Mercedes Benz Corporate Run	This is a 5K countywide event endorsed by the Mayor's Worksite Wellness initiative.	Registered participant meeting point: 5:30pm SPCC, Employee Wellness Center.
8	4/28/15	Annual Health Fair	Fire HQ - 10 AM to 2 PM 9300 NW 41 St, Main Bldg- Rooms 109 and 135	Health screenings TtlChol/HDL Ratio, Glucose; BP, chair massage

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9	4/30/15	<b>Cardiovascular Health:</b>	<b>ITD 1:30 PM-2:30 PM</b> 5680 SW 87 Ave, 2nd Floor Break Rm	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
10	5/7/15	<b>Cardiovascular Health:</b> <b>Eating for your Heart</b>	<b>SPCC - 11 AM to 12 PM</b> 111 NW 1st Street, 18th Floor, Room 18-4	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
11	5/8/15	<b>Health Fair</b>	<b>So. Dade Govt. Ctr. - 10AM to 2PM</b> 10710 SW 211 St., Rm 104	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, vision, chair massage.
12	5/13/15	<b>Cardiovascular Health:</b> <b>Eating for your Heart</b>	<b>Aviation - 12 PM to 1 PM</b> 4200 NW 36th Street, Building 5A, First Floor, Training Room,	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
13	5/14/15	<b>Diabetes on the Rise: What you need to know</b>	<b>Water &amp; Sewer - 12 PM to 1 PM</b> Douglas HQ - 3071 SW 38th Ave Room # 156A	Workshop highlights: • New trends in Diagnosis of Diabetes. • How to reduce risk through diet and nutrition. • Tips on how to maintain a healthy diet.
14	5/20/15	<b>Health Fair</b>	<b>Police HQ - 10 AM to 2 PM</b> 9105 NW 25 St Cafetorium	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI, chair massage.
15	5/28/15	<b>Cardiovascular Health:</b> <b>Eating for your Heart</b>	<b>Water &amp; Sewer - 12 PM to 1 PM</b> Douglas HQ - 3071 SW 38th Ave Room # 156A	Workshop highlights: • Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
16	6/4/15	<b>Onsite Yoga Class</b>	<b>Aviation - 5:30 PM to 6:30 PM</b> 4200 NW 36th Street, Building 5A, 2nd Floor	Yoga Class -all levels
17	6/11/15	<b>Organic Eating: What you need to know</b>	<b>SPCC - 11 AM to 12 PM</b> 111 NW 1st Street, 18th Floor, Rm 18-3,	Workshop highlights: • What eating organic means and the benefits • Important products that should be organic • How to spot and interpret organic labels
18	6/15/15	<b>Health Fair</b>	<b>Public Works &amp; Waste Mgt - 6:30 AM to 9:30 AM</b> 3B Ops, 8000 SW 107 Ave,	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI,
19	6/18/15	<b>Eating Healthy on the Go: Weight Management</b>	<b>Public Works &amp; Waste Mgt -2:00PM– 3:00PM</b> Road, Bridge & Canal – Lunch Rm, 9301 NW 58th Street	Workshop highlights: • Simple strategies to fit healthy eating into a busy schedule. • How to read labels on the fly to make the best nutritional choices.

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20	6/19/15	Onsite Nutritionist	<b>Water &amp; Sewer - 9 AM to 3 PM</b> Douglas HQ - 3071 SW 38th Ave Room # 156A, Members can schedule with Felicia Sutton <a href="mailto:felicia.sutton@avmed.org">felicia.sutton@avmed.org</a>	Registered Dietician / Nutritionist by appointment only, on a first come first served basis. Individual sessions are 30 minutes each.
21	6/22/15	Health Fair	<b>Public Works &amp; Waste Mgt -6:30 AM to 9:30 AM</b> <b>58 Street Ops, 8831 NW 58th St.</b>	Health screenings-BP, glucose, total cholesterol, HDL Ratio , BMI,
22	6/25/15	<b>Cardiovascular Health:</b> Eating for your Heart	<b>Public Works &amp; Waste Mgt- 1:30 PM to 2:30 PM</b> Traffic Signals and Signs 7100 N.W. 36 Street	Workshop highlights:• Why eating for your heart is important. • Sodium calculations and how to keep track. • Simple steps to incorporate eating for your heart into your routine.
23	7/8/15	<b>Diabetes on the Rise:</b> What you need to know	<b>Police HQ - 11 AM to 12 PM</b> 9105 NW 25 St Cafetorium	Workshop highlights:• New trends in Diagnosis of Diabetes. • How to reduce risk through diet and nutrition. • Tips on how to maintain a healthy diet.
24	7/9/15	<b>Eating Healthy on the Go:</b> Weight Management	<b>Water &amp; Sewer - 12 PM to 1 PM Douglas HQ</b> 3071 SW 38th Ave Room # 156A	Workshop highlights:• Simple strategies to fit healthy eating into a busy schedule. • How to read labels on the fly to make the best nutritional choices.
25	7/15/15	<b>Healthy Strides in 2015:</b> Ways to get Active	<b>SPCC - 11 AM to 12 PM</b> 111 NW 1st Street, Rm 18-4	Workshop highlights:• How to incorporate activity into your everyday life. • Being active does not mean becoming a superhuman athlete, learn how to set goals that work for you.
26	7/17/15	<b>Organic Eating:</b> What you need to know	<b>OTV - 11 AM to 12 PM</b> 701 NW 1st Court, 1st FL Training Rm	Seminar highlights: • What eating organic means and the benefits • Important products that should be organic • How to spot and interpret organic labels
27	7/23/15	Onsite Nutritionist	<b>SPCC - 9 AM to 3 PM</b> 111 NW 1st Street, 23rd Floor Front Conf. Rm. member can schedule with Felicia Sutton <a href="mailto:felicia.sutton@avmed.org">felicia.sutton@avmed.org</a>	Registered Dietician / Nutritionist by appointment only, on a first come first served basis. Individual sessions are 30 minutes each.